

# Macala Extra Virgin Olive Oil

Macala Orchards are family owned and operated out of Sage, CA. Inspired by our Italian Heritage and visits to Italy, we planted our first olive trees on our 20 acre "Villa" in 2007.

Today we tend to over 500 primarily Italian Varietal olive trees. Our orchards thrive under our commitment to sustainable farming. These efforts include making our own compost, and minimizing water use.

Our focus is on deep watering to promote natural tree growth.

Pruning methods focus on quality of our olives and not on quantity. Harvesting methods are based on traditional hand picking to reduce injury to the olives. We believe this is a priority in the production of quality olive oil.

In 2015 we purchased a two phase Olio Mio mill. This allows us to mill the

harvested olives without any delay transporting olives to another mill whose schedule we cannot control. This is extremely important in the production of quality Extra Virgin Olive Oil.

We will always remain committed to these traditional methods. They are methods that create olive oil with maximum freshness, flavor and health benefits!

951-898-8384

[www.macalaorchards.com](http://www.macalaorchards.com)



# Strong vs. Mild Flavored Oils

*Macala's oils will vary in flavor and robustness.*

Typically when we harvest and mill our olives we use about 1/3 or more green olives. A tree that is ready for harvest contains some green, some purple, and maybe even some black olives. The color of the olive determines the ripeness of the fruit.

*Greener olives produce a pungent and bitter taste and have the most health benefits along with a longer shelf life due to the fact that they have the highest amount of polyphenols (anti-oxidants). As the fruit darkens in color, the polyphenol and chlorophyll content decline and the carotenoid content increases. The result is oil that is more gold than green in color, less bitter and more mild in flavor.*

As we watch over and observe our trees, we research the rate at which the fruit matures. *We like to pick our olives at their peak of color which contain some green, some purple and a few black for the best possible balanced oil.* Our goal is to have a balanced oil that is more of a medium flavor, however depending on the varieties of olive that is pressed and depending on the exact mix of color of olives we end up with, the oil may be more robust or strong or could be a bit more mild.

